

Session 4. Controlling YOUR Sodium

Know YOUR daily sodium limit:

- 2300 mg/day for adults and children 14 and older
- 1500 mg/day for adults with prehypertension or hypertension



To help control your blood pressure:

- Achieve or maintain a healthy weight.
- Increase physical activity.
- Reduce alcohol intake.
- Reduce sodium intake.
- Eat more vegetables, fruits, whole grains, and low-fat proteins.

120/80 mm Hg

Keep YOUR blood pressure under control to reduce YOUR risk.

680mg sodium:
Caesar salad (with dressing, no meat)



80mg sodium:
2 fun-sized candy bars

400mg sodium:
Pretzels (1 oz.)



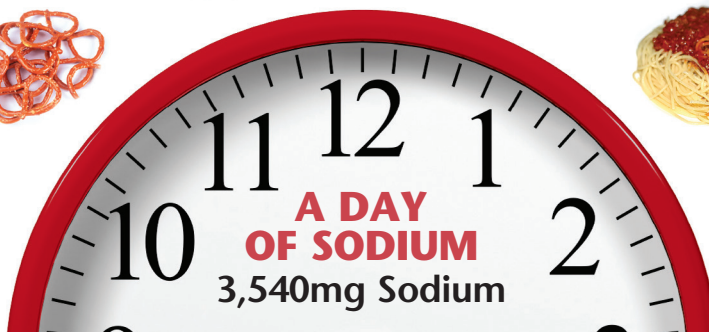
800mg sodium: Bacon, egg, cheese English muffin



1000mg sodium:
2 cups spaghetti with meat sauce



580mg sodium:
2 cups of microwave bagged popcorn



500mg sodium:
Homemade salad (feta, olive oil, balsamic dressing)



270mg sodium:
Vegetables and dressing



125mg sodium:
Yogurt (8 oz.)



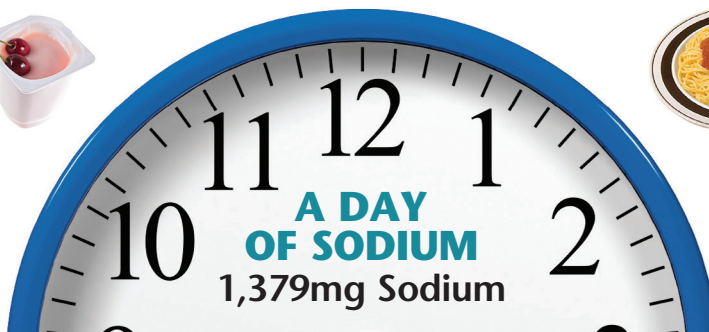
484mg sodium:
1 cup spaghetti with meat sauce



0mg sodium:
Oatmeal with raisins

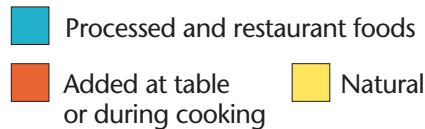
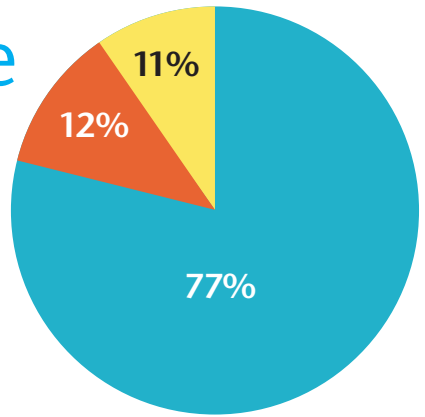


0mg sodium:
2 cups air-popped popcorn



Where's the Sodium?

Most of the sodium we consume comes from processed and restaurant foods.



Canned Foods:
Choose no-salt-added or rinse well.



Practice mindful eating: Try your food before picking up the salt shaker.



Be a label reader to make the best choice.

Look for sodium on the food label to make the best choice.

Over 20% of the **Recommended Daily Value** means high source of sodium.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugar 0g

Protein 5g

HERE ARE SOME WAYS TO CONTROL YOUR SODIUM:

- Prepare your own meals.
- Limit processed foods and restaurant meals.
- Enjoy more fruits and vegetables.
- Limit condiments and sauces.
- Spice up air-popped popcorn with cinnamon, garlic powder, or herbs.
- Flavor foods with fruit juices. Squeeze lemon on fish or vegetables.
- Use homemade vinaigrettes or marinades to season chicken or vegetables.
- Opt for low-sodium chicken broth, or try making your own.
- Give recipes a kick with fresh garlic or garlic powder.





Popcorn

Serving size: 1 cup

NUTRITION FACTS

Calories 40

Carbohydrates 6g

Fiber 2g

Protein 1g

Fat 1g

Sodium 0mg

Popcorn can be a great whole grain snack. Using kernels instead of pre-bagged popcorn is less expensive and you can control the sodium and flavoring. Two tablespoons of unpopped kernels makes 2½ to 3 cups of popped popcorn.

Paper Bag Popcorn Instructions

1. Measure 2 tablespoons popcorn kernels into a lunchbox-sized paper bag.
2. Loosely fold just the very top of the bag over, so the kernels don't spill out.
3. Microwave until there are more than 3 seconds between popping sounds. (Approximately 2 to 2 minutes 30 seconds)
4. Drizzle 1–2 teaspoons of canola oil over the popcorn, toss, season with 1/4 teaspoon of seasoning, and then toss again.

Low-Sodium Popcorn Seasoning Combinations

Mix 1/4 teaspoon of each

1. Paprika and black pepper
2. Oregano, thyme, parsley, black pepper
3. Shredded parmesan and black pepper
4. Cinnamon and nutmeg

Stove Top Popcorn Instructions

1. Put a medium sauce pot on high heat.
2. Coat the bottom of the pot with a thin layer or 2–3 tablespoons of canola oil.
3. Add three popcorn kernels and put a lid on the pot. Once one or more of the kernels has popped, cover the bottom of the pot with a single layer of the remaining popcorn kernels and replace the lid, approximately 2 tablespoons of popcorn kernels.
4. Keep on heat until there is no popping for 2–3 seconds.
5. Turn off the heat and keep lid on for a few seconds to pop any final kernels.
6. Drizzle 1–2 teaspoons of canola oil over the popcorn, toss, season with 1/4 teaspoons of seasoning, and then toss again.



Mix and match herbs and spices to make your own salt-free blends!

Spicy Steps to Health Seasoning:

- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon basil
- 1 teaspoon sage
- 1/2 teaspoon thyme

Savory Steps to Health Seasoning:

- 2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1/4 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon sage

REFLECT AND CELEBRATE

How did you do with your Week 3 Step?

Take Control SMART GOAL (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...

I will increase my fruit and vegetable intake to _____ times for _____ days a week.

I will be active for _____ minutes for _____ days a week.

I will increase the cups of water I drink to _____ cups/day.

I will: _____

What is my motivation? Why will I do this?



PLAN AND TAKE ACTION

My SMART Step for Week 4 to work towards my goal:

What are some obstacles to achieving my Week 4 step?

What are some solutions to overcoming the obstacles?

Who can support me?

What did I learn today?

TRACK

Check off days that I achieved my Week 4 step:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday ☐ Sunday